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# SHERRY BEST-KAI

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## Highlights

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- Geriatric nutrition background
  - Nutrition screening specialist
  - Licensed Dietitian in Florida and North Carolina
  - Registered with Academy of Nutrition and Dietetics
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## Accomplishments

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**Registered Dietitian PRN Fawcett Memorial Hospital** **8/2019 to Current**

**Charlotte Co. Public Schools** **Charlotte Co, FL**  
Registered Dietitian for Charlotte Co. Public Schools

**Registered Dietitian** **06/2018 to Current**  
**Charlotte Behavioral Health Care** **Punta Gorda, FL**

**Adjunct Instructor** **05/2010 to Current**  
**Asheville-Buncombe Technical Community College** **Asheville, NC**

**Registered Dietitian** **02/2017 to 10/2018**  
**Health Care Services Group** **Ft. Myers, FL**

Collaborated extensively with interdisciplinary care team to meet the nutritional needs of each resident.  
Reviewed records and assessed the nutritional condition of at-risk residents, including those with unplanned weight changes.

Encouraged clients and caregiver to follow recommended food guidelines for well-balanced diets.

Consulted regularly with physicians on patients' weight and hypertension control measures.

Recommended specialized laboratory tests to assess and monitor nutritional status.

Calculated nutritional requirements and assessed the adequacy of diet and nutrition support.

Served as a nutrition resource to departmental and health care staff to enhance nutritional services.

**Senior Public Health Nutritionist** **10/2016 to 02/2017**  
**Department of Health** **Sarasota, Florida**

**Clinical Dietitian Lee Memorial Health** **03/2014 to 11/2016**  
**Long term care assignment, similar to HCSG above**

**Registered Dietitian Blue Ridge Community Health** **08/2007 to 09/2010**  
**Hendersonville, NC**

**Healthy Weigh Weight Loss Centers** **02/1996 to 04/2010**

Coordinated nutrition care with other members of the health care team and delegated responsibilities.

Established healthful and therapeutic meal plans and menus. Recommended program improvements and creation of innovative programs and services. Maintained up-to-date knowledge about the latest research and trends through extended education and professional development courses. Served as a nutrition resource to departmental and health care staff to enhance nutritional services.

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## Education

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### **Masters of Science: Nutrition Clinical Dietetics**

Mount Mary University  
Nutrition Clinical Dietetics

Milwaukee, WI, United States

### **Bachelor of Arts: Foods and Nutrition**

Rosary College

River Forest, Illinois

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## Professional Affiliations

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Academy of Nutrition and Dietetics, Florida Dietetic Association, North Carolina Dietetic Association